

Empowerment through Healthier Lifestyles

The 2nd Statewide
Conference on
Health & Wellness
for Adults
with Disabilities

September 19 & 20, 2006
Albany Marriott Hotel, Albany, New York

Sponsored by the New York State Department of Health Disability and Health Program

Funding for this conference was made possible by Cooperative Agreement U59/CCU203351-17 from the Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities, Division of Human Development and Disability, Disability and Health Team. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services or the New York State Department of Health; nor does mention of trade names, commercial practices, or organizations imply endorsement by the New York State Department of Health or the U.S. Government.

On September 19 & 20, 2006, join us in Albany as people with disabilities, researchers, family members, service providers, disability advocates, federal, state, and local government agencies, and others come together for the New York State Department of Health's conference, ***Empowerment through Healthier Lifestyles - Health and Wellness for Adults with Disabilities*** at the Albany Marriott Hotel.

This second statewide conference offers an opportunity to share promising health promotion strategies among attendees, presenters and exhibitors and provides an interactive format to learn about innovative activities at the national, state, and local levels that promote community participation, independence, and good health. Our comprehensive agenda highlights recreational opportunities, community collaborations, personal experiences, and community and government-based supports designed to enhance health and wellness for people with disabilities.

Speakers

Disability and Health: Perspectives from the Centers for Disease Control and Prevention

Mark Swanson, MD, MPH

Team Leader, Disability and Health, Division of Human Development and Disability
National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

Dr. Swanson has spent his entire career working with children and adults with disabilities and their families. A graduate of Princeton University, University of Colorado School of Medicine, and University of North Carolina School of Public Health, he is board-certified in pediatrics and developmental-behavioral pediatrics. He has 25 years experience in program development, clinical services, research, and training in community and university settings. He was the first Director of Partners for Inclusive Communities Arkansas University Center on Disabilities and oversaw its growth for 15 years. He developed and maintained three interdisciplinary outreach clinics for children with disabilities across Arkansas.

Empowerment, Self-Determination, and Health Care for People with Disabilities

Michael L. Wehmeyer, PhD

Director, Center on Developmental Disabilities
Associate Director, Beach Center on Disability; Professor of Special Education, University of Kansas

Dr. Wehmeyer is engaged in teacher personnel preparation in the area of severe, multiple disabilities and directs multiple federally funded projects conducting research and model development in the education of students with intellectual and developmental disabilities. He is the author of more than 170 articles and book chapters and has authored, co-authored or co-edited 19 books on disability and education-related issues, including issues pertaining to self-determination, transition, universal design for learning and access to the general curriculum for students with significant disabilities, and technology use by people with cognitive disabilities. He is a past president of the Council for Exceptional Children's Division on Career Development and Transition and is Editor-in-Chief for the journal *Remedial and Special Education*. In 1999, Dr. Wehmeyer was the inaugural recipient of the Distinguished Early Career Research Award from the Council for Exceptional Children's Division for Research. In May 2003, he was awarded the American Association on Mental Retardation's National Education Award. He received his undergraduate and Masters degrees in special education from the University of Tulsa and a Masters degree in experimental psychology from the University of Sussex, where he was a Rotary International Fellow. He earned his PhD in human development and communications sciences from the University of Texas at Dallas.

Strategies for a Lifespan: What Works, What Doesn't

June Isaacson Kailes, MSW, LCSW

Disability Policy Consultant
Associate Director and Adjunct Associate Professor, Center for Disability Issues and the Health Professions, Western University

Ms. Kailes' work focuses on health-related disability and aging issues, and she works as a subcontractor with a variety of managed care and government related research projects as a consultant, trainer, writer, researcher, and policy analyst. These projects include Rehabilitation Research and Training Centers on: Aging with a Disability, Managed Care and Disability, Health and Wellness and Disability, National Center on Physical Activity and Disability, and the Rehabilitation Engineering Research Center on Accessible Medical Instrumentation. June also teaches "Disability Competency in the Health Professions," an introductory course to disability issues for health professionals.

Reflections From the Podium: The Impact of Significant Movements on the Health of People with Disabilities

Rick Rader, MD

Director, Morton J. Kent Habilitation Center
Chattanooga, Tennessee

Dr. Rader functions as a medical futurist in trying to predict the future medical problems of individuals with neurodevelopmental disabilities as they age. He is cross-trained in both internal medicine and medical anthropology. Dr. Rader is the Editor-in-Chief of *Exceptional Parent* Magazine, the world's most highly respected magazine devoted to parents and professionals raising and supporting individuals with significant and complex disabilities. Dr. Rader is the President-elect of the American Academy of Developmental Medicine and Dentistry and a Fellow of the American Association on Mental Retardation. He was the first appointed Special Liaison for Family Healthcare Concerns at the President's Committee for People with Intellectual Disabilities. Dr. Rader is a past recipient of the Exceptional Physician of the Year Award granted by parents of children with special needs. He has authored over 50 articles on neurodevelopmental disabilities and has lectured extensively all over the world on the dynamics of the special needs community. Dr. Rader was a member of the Surgeon General's Task Force on Healthcare Disparities for People with Mental Retardation as well as a consultant to the NIH's Office on Rare Diseases. He serves as a medical consultant to Special Olympics. He is an adjunct professor of Human Development at the University of Tennessee and serves on the Genetics Advisory Board for the State of Tennessee and the American Association on Health and Disability.

Soft Rock: Music & Beyond

FLAME

Lexington Center, Fulton County Chapter, New York State ARC Inc.

The closing session will feature a presentation and performance by the soft rock band **FLAME**. **FLAME** formed in 2003 at the Lexington Center (Fulton County Chapter New York State ARC Inc.) in upstate New York. The band is comprised of 11 members, all of whom have various disabilities, including autism, Downs Syndrome, mental retardation, total blindness, and other disabilities. The band has a repertoire of over 100 songs in a wide variety of musical styles, from Pink Floyd to Gershwin. In 2006, they released their first CD, "All for a Reason." **FLAME** has performed throughout New York, New Jersey and Washington, DC, and they have been featured in articles in the Albany, NY *Times Union* and the Gloversville, NY *Leader Herald* newspapers. Prior to their performance, band members will introduce themselves and share their personal experiences and achievements related to **FLAME**.

Agenda at a Glance

Tuesday, September 19, 2006

11:00 - 1:00	Registration		
1:00 - 1:15	Welcome and Opening Remarks		
1:15 - 2:00	<i>Disability and Health: Perspectives from the Centers for Disease Control and Prevention</i> Mark Swanson, MD, MPH Team Leader, Disability and Health, Division of Human Development and Disability, National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention		
2:15 - 3:00	<i>Empowerment, Self-Determination, and Health Care for People with Disabilities</i> Michael L. Wehmeyer, PhD Director, Center on Developmental Disabilities; Associate Director, Beach Center on Disability; Professor, Special Education, University of Kansas		
3:15 - 4:15	Concurrent workshops		
	<i>The Self-Help Continuum: Understanding and Maintaining General Wellness</i> Participants will be introduced to a tool called the Self-Help Continuum which helps to identify “outside the box” methods of engaging individuals in self help.	<i>Increasing Health Outcomes through Community Building</i> This panel will discuss how health care services can be developed that recognize, understand, and accommodate people with disabilities in program design and implementation.	<i>“Healthy Choices” Nutrition and Exercise Program</i> Healthy Choices Program teaches about healthy choices in nutrition and exercise and instilling motivation to prefer these choices.
4:15 - 5:00	Break		
5:00 - 7:00	Networking Reception		

Wednesday, September 20, 2006

9:00 - 9:30	Registration/exhibits		
9:30 - 9:45	Welcome and Opening Remarks		
9:45 -10:30	<i>Strategies for a Lifespan: What Works, What Doesn't</i> June Isaacson Kailes, MSW, LCSW Associate Director and Adjunct Associate Professor, Center for Disability Issues and Health Professions, Western University		
10:45 -11:45	Concurrent workshops		
	<i>Choices for Independence: The New York State Medicaid Waiver Programs</i> This presentation will increase awareness among the participants of community-based services. Medicaid Waivers will be defined, and all current New York State Medicaid Waiver Programs will be discussed.	<i>Low-Tech Assistive Technology Solutions for Daily Living</i> This workshop will focus on low-tech and low-cost environmental modifications that can be done in a person's home to allow for more independent, safe, and healthy living and demonstrate objects and devices that are available to make daily activities easier for people with disabilities.	<i>Recreation for One and All</i> This panel will share their experiences with beginning and maintaining a physically active lifestyle. Various opportunities for healthy recreation and fitness will be discussed.
12:00 - 1:00	Lunch		
1:15 - 2:00	Keynote Address: <i>Reflections from the Podium: The Impact of Significant Movements on the Health of People with Disabilities</i> Rick Rader, MD Director, Morton J. Kent Habilitation Center, Chattanooga, Tennessee		
2:15 - 3:15	Concurrent workshops		
	<i>“My Health, My Choice, My Responsibility”: A Curriculum for Health and Wellness for Adults with Disabilities</i> This panel will discuss the development of this curriculum that promotes and supports self-advocacy in health decision making.	<i>Health Programs through an Independent Living Center</i> This presentation will explore three multi-session programs designed to improve health and wellness for people with disabilities. Sample lessons will be provided from three interventions: “Living Well with a Disability,” Arthritis Self Help Program, and Smoking Cessation Clinic.	<i>Advocating for Systemic Emergency Preparedness Planning for People with Disabilities</i> This presentation will provide an overview of the Center for Independence for the Disabled of New York white paper “Lessons Learned from the World Trade Center Disaster” and discuss the continued relevance of this event. Speakers will discuss current efforts in New York City and elsewhere to ensure that people with disabilities are included in emergency and disaster relief planning in their communities.
3:15 - 4:00	<i>Soft Rock: Music and Beyond</i> FLAME		

Hotel Information

Health and Wellness for Adults with Disabilities—Empowerment through Healthier Lifestyles will be held at the Albany Marriott, 189 Wolf Road, Albany, NY. We have a conference room block for the night of September 19, 2006 reserved at the rate of **\$109.00 plus taxes** (13%) per night. **Please call the Albany Marriott directly at 1 (800) 443-8952 to make your reservations.** Please indicate that you are with the Statewide Disability and Health Conference. All of the Marriott's accessible rooms are included in our room block. The Marriott will reserve these on a first-come, first-serve basis and will work with you to accommodate you on-site or at adjacent Marriott properties if necessary. Once the Marriott room block is filled, please contact Shirley Kelly-Parson at (518) 474-2018 if you need assistance finding accessible accommodations.

Payment details: The Marriot will accept cash, check, credit cards, purchase orders and/or vouchers. Vouchers and Purchase Orders must be made out to the Albany Marriott and include the payee's full address. Guarantees for late arrival must be made with a credit card.

For Tax exempt organizations: For the Marriott to honor tax-exempt status, please be sure you meet the following guidelines when presenting your paperwork and payment at check-in; if you are presenting an Organization Tax-Exempt form (Form ST-119.1), payment must be made by company check, corporate credit card, or cash. If you are presenting a standard tax-exempt certificate (Form ST-129), any method of payment is acceptable.

Directions to the Albany Marriott will be sent to you with your conference registration confirmation. Please contact Shirley Kelly-Parson at (518) 474-2018 or sak08@health.state.ny.us if you have any other questions.

New York State Department of Health
Bureau of Health Risk Reduction
Riverview Center 3 West
150 Broadway
Albany, NY 12204

Registration Form

Empowerment through Healthier Lifestyles

The 2nd Statewide Conference on Health & Wellness for Adults with Disabilities
September 19 & 20, 2006, Albany Marriott, Albany, New York

Registrant Information (Please be sure to complete both the front and back of this form):

Name: _____ **Organization:** _____

Your Mailing Address: _____
City State Zip

Telephone: _____ **E-Mail:** _____ **Fax:** _____

Please circle your background/areas of expertise (circle all that apply):

Consumer Home Care Provider Public Health Research
Policy & Planning Fitness/Recreation Nutrition Family Member
Service Agency (type _____) Health Care Provider (type _____) Other _____

Conference Registration Fee (Registrations will be accepted based on availability)

_____ \$75.00 registration fee (Fee covers entire conference, including Tuesday evening reception and Wednesday continental breakfast and lunch.)

_____ Scholarship application enclosed. (Please see next page for scholarship information.)

Payment Information:

_____ Check (make checks payable to Health Research, Inc./DHP Conference)

Cancellation Policy:

Conference fee less a \$15.00 administration fee is refundable if the request is received in writing (letter, fax, e-mail) no later than 5 P.M., September 12, 2006. After that date, no refunds will be given. Refund checks will be issued after the conference.

Wednesday Lunch Selection: _____ Smoked Turkey Croissant Club _____ Rainbow of Tortellini in Alfredo Sauce

Dietary Requirements

Accommodations for the Conference

Please indicate any personal accommodations you may need for the conference.

_____ Sign Language Interpreter _____ Large print materials
_____ Deaf-blind interpreter _____ FM System
_____ Braille materials _____ Van accessible parking
_____ Other _____

Please turn sheet over to complete registration

Workshop Selection:

Please indicate your workshop preference (first choice, second choice) for each of the concurrent workshop slots:

Tuesday, September 19, 3:15 – 4:15

- ☐ The Self-Help Continuum
- ☐ Increasing Health Outcomes through Community Building
- ☐ “Healthy Choices” Nutrition & Exercise Program

Wednesday, September 20, 10:45-11:45

- ☐ Choices for Independence: NYS Medicaid Waiver Programs
- ☐ Low-Tech Assistive Technology Solutions
- ☐ Recreation for One and All

Wednesday, September 20, 2:15 – 3:15

- ☐ “My Health, My Choice, My Responsibility” Wellness Curriculum
- ☐ Health Programs through an Independent Living Center
- ☐ Advocating for Systemic Emergency Preparedness Planning

Conference Scholarships:

A limited number of scholarships are available to pay for conference registration fees for individuals with disabilities living in New York State. Individuals interested in applying for scholarships must provide a written response to the statement of need items below. Scholarships will be awarded based on funding available, the statement of need provided, and in a manner to achieve geographical balance. Please respond to the following items on a separate sheet of paper. Attach your response to the registration form and return to the address indicated below.

- 1. Describe your level of knowledge, background, and/or interest in health promotion (physical activity, nutrition, access to health care).**
- 2. Describe your activities related to health promotion, independent living, or health care advocacy in your community. How will you share information gained at the conference with your community?**
- 3. Are you currently employed by an advocacy/service organization which could cover a portion of your expenses? If so, what would their contribution be?**
- 4. Confirm that no other source of financial support for attending the conference is available.**

Completed Registration and Scholarship forms should be returned to:

**Shirley Kelly-Parson
NYSDOH Bureau of Health Risk Reduction
Disability and Health Program
150 Broadway
Riverview Center, 3W
Albany, NY 12204**

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